

<b>Course Title:</b>		<b>Chair-Based Exercise</b>					
<b>Course Code:</b>		N4102PGK	<b>Centre:</b>	North Cheam	<b>Tutor:</b>	TBA	
<b>Day:</b>	Thu	<b>Start Date:</b>	05/05/11	<b>Length:</b>	8 wks	<b>Time:</b>	15:15-16:15

### Course Content/Syllabus

This course will include the following topics:

- Improve and maintain muscle strength and flexibility
- Improve and maintain joint mobility
- Increase postural awareness and balance
- Increase movement quality to improve everyday life
- Social and fun aspect of working in a group
- Increase the feeling of wellbeing

**After completing the course, students should be able to:**

- Have more confidence in your quality of movement
- Have increased strength and flexibility
- Be aware of postural alignment and have increased balance
- Meet new people

### Assessment Methods

Continuous informal assessment.

### Home Study

### Attendance

Regular attendance is expected in order to get the most from your course.

### Entry Requirements

N/a – all welcome

### English, Maths & IT Entry Requirements

Ability to understand verbal instructions and copy movements

### Exam Fees

N/a

### Additional Costs (eg course materials & textbooks)

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You are advised not to purchase text-books or equipment until the course is confirmed.

### For your first session, please bring:

- Wear loose, light clothing e.g. T-shirt and tracksuit trousers
- Soft shoes (or bare feet)

### Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

### Progression/Further Opportunities:

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